



Discover your Raleigh Parks and Recreation Department

Preschool

Social

Playgroup - Tot Time! Age: 6mos-5yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is FREE and registration is required to attend.

#129389 Sep 10-Dec 17 M 10:30 AM-12:30 PM

Sports

Baseball - Little Sluggers Age: 3-5 yrs. This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Millbrook Exchange Community Center

Course Fee: \$36

#131078	Sep 6-27	Th	6:30 PM-7:15 PM
#131079	Oct 4-25	Th	6:30 PM-7:15 PM

Basketball - Little Shooters Age: 3-5 yrs. A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

Millbrook Exchange Community Center

Course Fee: \$36

#131064	Sep 10-Oct 1	M	6:30 PM-7:15 PM
#131065	Oct 8-29	M	6:30 PM-7:15 PM

Football - Little Tacklers Age: 4-7 yrs. Hut one, hut two.....hike! This class is an introduction in skills development that teaches the basics of football including passing, kicking, catching and running. The class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Some parent participation included. Touchdown!

Millbrook Exchange Community Center

Course Fee: \$36

#131082	Sep 7-28	F	6:30 PM-7:15 PM
#131083	Oct 5-26	F	6:30 PM-7:15 PM

Soccer - Little Kickers Age: 3-5 yrs. This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

Millbrook Exchange Community Center

Course Fee: \$36

#131074	Sep 4-25	Tu	6:30 PM-7:15 PM
#131075	Oct 2-23	Tu	6:30 PM-7:15 PM



Millbrook Exchange Community Center | 1905 Spring Forest Rd | Raleigh, NC 27615 | (919) 872-4156

Center Director: Nick Sadler nick.sadler@raleighnc.gov

Assistant Director: Staci Sawyer staci.sawyer@raleighnc.gov

Web: www.parks.raleighnc.gov

Youth

Music

Millbrook Music Program: Piano or Violin Age: 5 yrs and up. Students of the Millbrook Music Program will have fun while learning to play either the piano or the violin. The program consists of one-on-one, individually structured lessons designed to meet the needs and maximize growth of each student. Beginners will focus on learning to read music, basic techniques, and rhythm which will lead to playing simple songs. Advanced students will learn advanced techniques, improvisation, composition, and music history. Posture and care for instruments will be emphasized. Students will perform in two yearly recitals in May and December. Students purchase books upon the instructor's recommendation. Violin students are required to provide their instrument. Students may only register through fulltime staff at Millbrook Community Center. Space is limited. Instructor: Brittany Geary, BM Music Education.

Fitness

Step Dance Class- Youth Age: 8-12 yrs. Learn the art of step from experienced step dance teacher Ms. Tamara. Students will learn basic step rhythms, formations and basic and advanced performance structure. In addition this class will help develop and enhance critical skills that will help prepare your young person for success in school, community and in the home. Step helps develop self-discipline, confidence, leadership and how to be a team player. The class will also feature possible opportunities for students to perform in the community. This class also is an excellent opportunity to get your young person moving and active. Don't miss out on this great opportunity to be involved in this positive and healthy program. Course Fee: \$40

#132533	Aug 20	M	6:30 PM-7:30 PM
#132519	Sep 10-Oct 1	M	6:30 PM-7:30 PM
#132520	Oct 8-29	M	6:30 PM-7:30 PM
#132521	Nov 5-26	M	6:30 PM-7:30 PM

Youth Fitness & Athletic Development Age: 14-18 yrs. Our trained instructor will work with participants at their level in a supportive environment to help them improve their overall fitness, as well as the skills necessary to excel in athletics, such as coordination, strength, speed and agility. Through age-appropriate activities and game play designed to make exercise fun, participants will gain confidence and improve their overall health and fitness. Course Fee: \$48

#131411	Sep 6-Oct 11	Th	3:00 PM-3:45 PM
#131412	Oct 18-Nov 29	Th	3:00 PM-3:45 PM

Sports

Young Champions CheerAmerica Young Champions of America offers these fun and exciting cheerleading programs for all levels - and now in both competitive and non-competitive/recreational options! Along with providing lots of fun, this program promotes coordination, confidence, poise, physical fitness, artistic expression, teamwork and competitive spirit. Our students learn fundamentals of dance and cheer, dance routines, parade routines, cheers, chants, jumps, and how to perform in front of an audience. Note for Competitive classes only: Uniforms and pompoms are to be purchased separately and are required for any parades, performances or competitions. Course Fee: \$112

#129436	Sep 11-Jan 15	Tu	6:15 PM-7:00 PM
#129437	Sep 11-Jan 15	Tu	7:00 PM-7:45 PM
#129438	Sep 11-Jan 15	Tu	7:45 PM-8:30 PM
#129439	Sep 14-Jan 18	F	6:30 PM-7:30 PM
#129440	Sep 14-Jan 18	F	7:30 PM-8:30 PM

Baseball - Sluggers Crack! Age: 6-9 yrs. It's going, going.....gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Course Fee: \$40

#131080	Sep 6-27	Th	7:30 PM-8:15 PM
#131081	Oct 4-25	Th	7:30 PM-8:15 PM

Basketball - Shooters Age: 6-9 yrs. Age: 4-6 yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Course Fee: \$40

#131066	Sep 10-Oct 1	M	7:30 PM-8:15 PM
#131067	Oct 8-29	M	7:30 PM-8:15 PM

Age: 6-9 yrs. **Soccer – Kickers**

G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Course Fee: \$40

#131076	Sep 4-25	Tu	7:30 PM-8:15 PM
#131077	Oct 2-23	Tu	7:30 PM-8:15 PM

Teens

Fitness

Calling all teens to Millbrook Exchange Community Center for our new **Step Dance Program!**

Step Dance Class Age: 13-18 yrs.

Step Designed just for teens, like you, this program will introduce the art of step with experienced step dance teacher Ms. Tamara in a safe and caring setting. Participants will learn basic and advanced step rhythms, formations and performance structures. In addition this class will enhance important character traits that will help you to be more successful in school, your community and at home through leadership development and confidence building. In addition participants will get a great work out while they are enjoying this unique program. Don't miss out on this program that starts very soon at your local community center. Course Fee: \$40

#132532	Sep 17	M	2:45 PM-4:45 PM
#132526	Oct 8-29	M	2:45 PM-4:45 PM
#132527	Nov 5-26	M	2:45 PM-4:45 PM

Youth Fitness & Athletic Development Age: 14-18 yrs.

Our trained instructor will work with participants at their level in a supportive environment to help them improve their overall fitness, as well as the skills necessary to excel in athletics, such as coordination, strength, speed and agility. Through age-appropriate activities and game play designed to make exercise fun, participants will gain confidence and improve their overall health and fitness. Course Fee: \$48

#131411	Sep 6-Oct 11	Th	3:00 PM-3:45 PM
#131412	Oct 18-Nov 29	Th	3:00 PM-3:45 PM

Open Play – Teens

Monday-Friday

2:45pm-6:00pm

-17 & younger: Must have a form filled out by parent/guardian to receive yearly **Open Play Card** (must have card to play!)

-18 and up (high school students only): Must have a valid photo ID to play.

Please call the center before you come out to ensure that we are open (919-872-4156). This schedule is subject to change as programs are implemented and sports seasons begin. All open play rules must be followed during participation. Failure to comply with rules or staff instructions will result in loss of privileges.



Adult

Art

Basket Making - Back to the Basics Age: 14yrs. and up. Want to learn to weave? This one-day class will teach you the basics of basket making. Learn the rules of weaving and leave with a cute, functional basket! Brenda Elshof instructs. A kit fee of \$20 will be payable to the instructor on the day of the class.

Course Fee: \$25

#130010	Oct 6	Sa	9:30 AM-2:30 PM
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Basket Making - Seasonal Star Age: 14yrs. and up. In this class, participants will learn the basics of weaving a star shape with reed. This fun and whimsical little basket, while challenging to weave, is appropriate for beginning weavers. Many basic techniques will be taught. Open to all levels. Bring \$15 payable to instructor for materials kit. Kit has materials for two stars. Brenda Elshof instructs.

Course Fee: \$25

#131124	Dec 1	Sa	9:30 AM-2:30 PM
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Educational

Dog Obedience Age: 13yrs. and up. This is a course of instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Dogs should be no younger than 6 months old.

Course Fee: \$40

#131097	Sep 5-Nov 14	W-Th	7:30 PM-8:30 PM
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Fitness

Dance N2 Shape at Millbrook - FREE Try-It Class! Age: 14yrs. and up. Come try our new Dance N2 Shape program for FREE! If you're looking to join a fun, friendly group fitness class, try out this program that will begin in June. Sonja, licensed Dance N2 Shape instructor, will take participants through an hour of dancing and fun as everyone burns calories and gets a cardio workout. This onetime free class is open to the public and registration is required at least 3 days in advance of the class. Class scheduled to take place outside the community center. Class will relocate to the gym if inclement weather.

#129368	Oct 30	Tu	6:30 PM-7:30 PM
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Dance N2 Shape at Millbrook Age: 14yrs. and up. Why exercise when you can DANCE N2 SHAPE with Sonja?! Come de-stress and put some fun into your fitness plan while helping improve your overall health. Sonja teaches easy-to-learn dance routines for all fitness levels using diverse styles of music - a little bit of country, rock & roll, pop, soul, and hip-hop. Participants can choose to pay per class or to purchase a monthly punch pass to save a few bucks. If weather permits, classes will be held outdoors. Classes will relocate to the center in inclement weather. Sonja Matheny, licensed Dance N2 Shape instructor leads this program.

-Drop In (Per-Class)Fee: \$5

#129364	Sep 4-27	Tu, Th	6:30 PM-7:30 PM
#129365	Oct 2-25	Tu, Th	6:30 PM-7:30 PM
#129366	Nov 1-27	Th, Tu	6:30 PM-7:30 PM
#129367	Dec 4-27	Tu, Th	6:30 PM-7:30 PM

-Monthly Course Fee: \$35

#129364	Sep 4-27	Tu, Th	6:30 PM-7:30 PM
#129365	Oct 2-25	Tu, Th	6:30 PM-7:30 PM
#129366	Nov 1-27	Th, Tu	6:30 PM-7:30 PM
#129367	Dec 4-27	Tu, Th	6:30 PM-7:30 PM

Weight Room/Fitness Center

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Monthly Fee: \$15



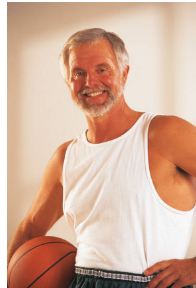
Senior/Active Adults

Basketball - Active Adult Open Gym

Age: 55yrs and up

Open play basketball for individuals 55 years of age and older. Sign in day-of. Schedule subject to change. Please call to be sure gym is available: 919-872-4156

Sep 6-Dec 27 Thursdays 10:30 AM-12:00 PM



For more active adult programming, please visit the new **Anne Gordon Center for Active Adults** here in the Millbrook Exchange Park.



Millbrook Community Center

Hours of Operation

Monday-Friday 10am-9pm
Saturday 9am – 3pm
Sunday 1pm – 6pm

3 Easy ways to Register!

Registration for Fall Session begins July 31, 2012

Mail In:

Millbrook Exchange Community Center
1905 Spring Forest Rd
Raleigh, NC 27615

Walk In:

Registrations will be accepted at your local, staffed community center.

Online:

Visit: reclink.raleighnc.gov

Millbrook Facility Rentals

Call us for more info: 919-872-4156

Gymnasium - \$60/hr*

Capacity 300 / Heated but not Air Conditioned

Large Room (Room #2) - \$70/hr*

Capacity 79

Medium Room (Room #1) - \$60/hr*

Capacity 49

Kitchen - \$20/hr

For catering and warming only

***A \$75 Refundable Damage Deposit and**

\$15 Non-Refundable Application Fees

apply to all indoor rentals.

All rentals have a 2hr minimum.

Rentals outside normal hours of operation are subject

We also rent spaces and shelters at
Eastgate and Honeycutt Parks!

To reserve athletic fields and/or open spaces, please
contact the Athletics Department at
919-831-6836

Upcoming Events:

2012-13 Youth Basketball

Registration: October 1st – 12th



Boo Bash!

Fri Oct 19th, 6:30-8pm

Ages: 10 and under

Join us for the *BOO BASH* event which includes even more fun, chills and thrills, games, trunk-or-treating, a spooky bus haunted stories, candy, and plenty of creepy scares for the whole family to ex-*FEAR*-ience!

Event Location: Brier Creek Community Center

10810 Globe Rd. | Raleigh, NC 27617 | (919) 420-2340



RALEIGH PARKS AND RECREATION

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